

# WEEKLY SCHEDULE

## The Howard County 50+ Virtual Fitness Pass



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45 am FLOOR, CORE & MORE	8:45 am POWER	8:45 am KICKBOXING	8:45 am POWER	8:45 am FLOOR, CORE & MORE	9:30 am HATHA YOGA
10:00 am ZUMBA® GOLD	10:00 am BARRE	10:00 am PILATES	10:00 am YOGA w/ CONNIE	10:00 am ZUMBA® GOLD	
11:00 am SEATED STRENGTH & BALANCE		11:00 am SEATED STRENGTH & BALANCE	11:00 am CHAIR YOGA	11:00 am BALANCE 4-ALL	
5:30 pm ZUMBA® GOLD		NOON YOGA w/ MARY			

**Stay active, healthy and connected from home with 17 classes per week!**

We offer two convenient payment options.

**Quarterly Registration:** \$120 (county residents; three months advanced registration)  
\$145 (non-resident rate)

**Monthly Registration:** \$45 resident • \$55 non-resident

All classes are offered through the Webex virtual platform.  
On the last business day of each month, registered participants will receive the class links and password for the following month.

To register, call 410-313-1400 or 410-313-5440 (VOICE/RELAY)  
Monday through Friday, 10:00 am to 2:00 pm.

